

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing	3 12:00-1:00 Health and Wellness Class Foot Care (by appt)	4 9:00 Walking Group 10:00 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong
7 9:00 Walking Group 10:00 Book Club 10:00 Medicare Info 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong	8	9 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing	10 Foot Care (by appt)	11 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 1:00 King County Assessor Presentation 2:00 Cards & Games
14 9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong	15	16 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Birthday Lunch w/ Puget Sound Fire 12:30 Cards & Games 3:00 Line Dancing	17 12:00-1:00 Health and Wellness Class Foot Care (by appt)	18 9:00 Walking Group 10:00 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Audiologist 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong
21 9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong	22	23 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing	24 Senior Trip: Ballard Experience 12:00-1:00 Health and Wellness Class Foot Care (by appt)	25 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong 1:00 Friday Movie
28 9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong	29	30 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing		

Lunch is served every M/W/F promptly at noon.



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+ **April 2025**

Trip/tour fees include planning, transportation, parking, and driver expenses. Most trips include a no-host lunch.
You MUST sign up and pay for all trips in advance at the front desk. All schedules are subject to change.

Monday, April 7

Book Club: Between Two Moons

Get reading and join the conversation! Join our monthly book club for lively conversation. Selections for our club include titles from both fiction and non-fiction. We meet on the first Monday of each month at 10:00am in the GMVCC library. May's book will be: The Year of Living Constitutionally by A.J. Jacobs.

Friday, April 11

Presentation King County Assessor

We will have the King County Assessor John Wildon here to discuss the Senior Property Tax Exemption Program. This program provides property tax reductions for eligible seniors and disables homeowners with the up-to-date information and resources available. No need to sign up. Promptly starts at 1pm.

Friday, April 18

Audiologist Trish Michelson

Audiologist Trish Michelson will be here at 12:30. She has helped many patients, navigate the process of being diagnosed with hearing loss and being fit with hearing aids. Her service at the community center is to be able to educate seniors and their family members about hearing loss and hearing aids. Whether you have a hearing aid already and need help maintaining it or don't know where to start the process of getting fit with hearing aids, she will be here to help. Drop in only.

Wednesday, April 16

Happy Birthday

Let's wish Happy Birthday to everyone with a birthday this month! Bingo is at 11:00, and lunch at 12:00, with birthday treats. If your birthday is in April your lunch is free.

Thursday, April 24

Senior Trip: Ballard Experience

We invite you on a trip to Ballard. We will start at the Fremont Troll then tour one of the most popular tourist attractions, Ballard Locks. We will finish with lunch at Rays Boathouse for waterfront dining and view of the Olympic Mountains and the Puget Sound. This trip is \$25. Bring money for lunch. Leaving GMVCC 9:30 am

Friday, April 25

Movie in the Library

Come and join some friends in our Library for a fun movie and popcorn. This is a free event and you do not need to sign up. The movie this month is Shawshank Redemption.

Line Dancing Lessons

Join us every Wednesday for free line dancing lessons! No experience necessary. Come groove with us and learn some new moves. Must be registered with us and drop ins welcome.

Blood Pressure Checks

Firefighters from Puget Sound Fire & Safety perform blood pressure checks in our lending library on the 1st and 3rd Fridays of each month around 11:00 am, depending on their availability.



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